














# COMMUNITY URBAN BAZAAR

## JULY CUBSPACE SCHEDULE 2023

MON	TUE	WED	THU	FRI	SAT	SUN
Find us on instagram at <a href="https://www.instagram.com/cub.space">@cub.space</a> for updates on individual events/shows. Lots going on!! The Community Urban Bazaar is located at 3274 Third Street in Cumberland BC To get involved as a busker, vendor, performer, DJ, food truck, volunteer.... <a href="mailto:max@cubspace.ca">max@cubspace.ca</a>						
3 <b>WELCOME TAMEET</b> FOOD TRUCK	4	5	6	7	8	9  DJ Mark Bee
10  Tameet, Mustard Lady, Caffé Verde...	11 <b>630 - 730 MOVEMENT, MUDRAS and MEDITATION</b> 11 - 12 community Qi Gong w/ Michel Duhaime	12 <b>Kids Day</b>  crafts, games, bouncy castle, & a visit w/ <b>Captain Thunderpants</b> 2 - 7pm Music at 5pm	13 <b>630 - 730 MOVEMENT, MUDRAS and MEDITATION</b>	14	15	16  DJ Jamie M (silent season)
17  Tameet, Mustard Lady, TBA	18 <b>630 - 730 MOVEMENT, MUDRAS and MEDITATION</b> 11 community QG <b>LIVE MUSIC 7pm</b> <b>Caresse and the Cuties</b>	19 <b>GOOD OL' HO DOWN</b>  Petting Zoo & Live Square Dancing! Zoo 3-6pm Dance 7 - 9	20 <b>630 - 730 MOVEMENT, MUDRAS and MEDITATION</b>	21 <b>8am - 10 am Qi Gong / Tai Chi</b> Workshop with Michel Duhaime \$10	22	23  DJ em ash
24  Tameet, Munch Room TBA...	25 <b>630 - 730 MOVEMENT, MUDRAS and MEDITATION</b> 11 community QG <b>LIVE MUSIC 530PM</b> <b>Rumblejam Grooves Youth JAZZ Band</b>	26  7pm Live Music <b>FANFARE</b>	27 <b>630 - 730 MOVEMENT, MUDRAS and MEDITATION</b>	28	29	30  DJ Watkins
31  Tameet, Niji, TBA...						



Join us on Sunday afternoons in July for chill vibes and mellow grooves courtesy of the Island's finest DJ's, Craft Cocktails, Mocktails & Beer. Very sophisticated. Garden Party vibes. Doors @ 1, Beats from 3 - 6pm



Finally you can eat in Cumberland on a Monday! Each week we'll play host to a gathering of food trucks & pop-up food vendors in a family friendly licensed environment. Hospitality Discounts! Foodie-Fun Day!! Buskers welcome, please contact [max@cubspace.ca](mailto:max@cubspace.ca) to book.



Got a case of the 'Wednesdays'? Well no more, because we are going to bump up your Hump Day with some form of live, free entertainment or family friendly community event. Follow [@cub.space](https://www.instagram.com/cub.space) on instagram for information on each Wednesday-boosting presentation!

**MOVEMENT, MUDRAS and MEDITATION**

Join Alexandra for SIX morning sessions aimed to deepen your connection to self! Sunrise Yoga, with a focus on aligned Sun Salutations, Breath and Meditation with the Power of Mudras. Contact [max@cubspace.ca](mailto:max@cubspace.ca) for info or to register. 8 spaces only. \$77 for all 6 sessions. Includes Cacao and a special mug to keep.

**COMMUNITY QI GONG**

Join Medicinal Qi Gong Instructor and Acupuncturist, Michel Duhaime for Three Tuesday morning Qi Gong classes, as he guides the group through physical movement, breathing methods and mental intention to correct and restore the function in the body. This is a community class, everyone is welcome and donations are gladly accepted.

**QI GONG / TAI CHI Workshop**

This Friday workshop led by Michel Duhaime offers his insight, wisdom and guidance in two vastly different but very connected disciplines, Tai Chi and Qi Gong. Everyone Welcome. Bring comfy clothes, shoes and \$10.

